

FOREST THERAPY WALK WITH JANICE

100% of proceeds go to NALT
book online at janicefurevick.com
or call/text 250-618-2078

Sunday, July 24th

9:30 - 12:00

Location: TBA

\$40/person

\$70/couple

Forest Therapy is inspired
by the Japanese practice
of Forest Bathing
or Shinrin Yoku

The Forest is the Therapist,
the guide just opens the door.

Amos Clifford



Janice is a certified
guide with the
Association of Nature
and Forest Therapy
guides.

Forest Therapy Fundraiser

Forest Therapy is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments.

Forest Therapy was inspired by the Japanese practice of Forest Bathing or shinrin-yoku, which translates as “bathing oneself in the atmosphere of the forest.” Forest bathing began in Japan in the 1980s, and has recently grown more popular worldwide and is considered preventative health care. Amos Clifford, founder of the Association of Nature and Forest Therapy guides, combined the science of Forest Bathing with his training in psychotherapy, to develop an intentional sequence of invitations led by a trained guide. The experience is not like a hike in the woods, nor is it a naturalist walk to learn about the surroundings. Each guided invitation is a practice for your mind, body and spirit in relationship with nature.

During a Forest Therapy walk you will:

- Be guided to immerse your senses in the qualities of the forest and the more-than-human world.
- Focus on the relationship between you and nature rather than just taking a walk.
- Experience how partnering with nature calms your nervous system.

"My goal with Forest Therapy is to have people fall in love with the forest and see themselves reflected in it. In essence, to fall in love with themselves. Because we naturally want to care for what we love, self-care improves and so does stewardship of the land." Janice Furevick.

Walks are approximately 2.5 hours. Location is determined based on weather and the mobility factors of those signed up.



A walk in nature walks the soul back home.

- Mary Davis